

# North Hennepin Community College

## EXSC 1460: Fitness Walking

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 0

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to examine walking as a means of improving fitness and promoting it as a lifelong activity. The American College of Sports Medicines (ACSM) physical activity guidelines will provide a framework for class requirements as well as aid in developing fitness goals that emphasize cardiovascular health.

NOTE: Students will be expected to participate in fitness walking, and will be required to log daily walks through the Polar Beat smart phone app/website.

**B. COURSE EFFECTIVE DATES:** 12/05/2018 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. After successfully completing this course, a student will be able to:

### D. LEARNING OUTCOMES (General)

1. Recognize through participation the benefits of walking as a lifelong activity (ELO 1 & 3).
2. Comprehend the American College of Sports Medicines recommendations for physical activity, and demonstrate them through required weekly workouts (ELO 1 & 2).
3. Examine current research linking walking to improvements in one's overall physical and mental health (ELO 1 & 2).
4. Demonstrate through implementation and evaluation, an understanding of heart rate training and other fitness technology, and its integration into personal fitness endeavors (ELO 1 & 3).
5. Examine proper footwear and the impact it has on gait and biomechanics (ELO 1 & 2).

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted